



For Moms and Babies

Florida WIC

What you and your baby will receive each month

Fully Breastfeeding

FOR MOM until baby is 12 months old

6 gallons 1% lowfat or fat free milk and 1 lb cheese
or 4½ gallons 1% lowfat or fat free milk
and 3 lb cheese

36 oz breakfast cereal

1 lb 100% whole wheat bread **or** 1 lb brown rice
or 1 lb soft corn tortillas

144 oz fruit juice

2 dozen eggs

30 oz canned tuna fish or salmon

\$10 voucher for fresh, frozen, or canned fruits and
vegetables

Choice of:

- 1 lb dry beans (or four 16-oz cans of beans)
and 18 oz peanut butter
- **or** 2 lb dry beans (or eight 16-oz cans of beans)
- **or** 36 oz peanut butter

Note: These monthly foods for mom are also given
to women who are partially breastfeeding 2 or
more babies. Mothers fully breastfeeding 2 or more
babies will receive 1½ times this amount of food.

FOR BABY until 12 months old

Your breast milk!!

Plus each month from 6 to 12 months:

24 oz baby cereal

256 oz baby fruits and vegetables
(For example, this equals 64 jars in 4-oz size.)

77½ oz baby meats
(This equals 31 jars in 2½-oz size.)

Breastfeeding & Formula Feeding

FOR MOM until baby is 12 months old

5½ gallons 1% lowfat or fat free milk with no cheese
or 4½ gallons + 1 quart 1% lowfat or fat free milk
and 1 lb cheese

36 oz breakfast cereal

1 lb 100% whole wheat bread **or** 1 lb brown rice
or 1 lb soft corn tortillas

144 oz fruit juice

1 dozen eggs

\$10 voucher for fresh, frozen, or canned fruits and
vegetables

Choice of:

- 1 lb dry beans (or four 16-oz cans of beans)
and 18 oz peanut butter
- **or** 2 lb dry beans (or eight 16-oz cans of beans)
- **or** 36 oz peanut butter

FOR BABY until 12 months old

Your breast milk!!

Infant Formula (artificial baby milk)

Formula amounts will vary depending on the
age of your baby and the type of formula your
baby will receive. Ask your nutritionist for more
specific information.

Plus each month from 6 to 12 months:

24 oz baby cereal

128 oz baby fruits and vegetables
(For example, this equals 32 jars in 4-oz size.)

Fully Formula Feeding

FOR MOM until baby is 6 months old

4 gallons 1% lowfat or fat free milk with no cheese
or 3 gallons + 1 quart 1% lowfat or fat free milk
and 1 lb cheese

36 oz breakfast cereal

96 oz fruit juice

1 dozen eggs

\$10 voucher for fresh, frozen, or canned fruits and
vegetables

Choice of:

- 1 lb dry beans (or four 16-oz cans of beans)
- **or** 18 oz peanut butter

FOR BABY until 12 months old

Infant Formula (artificial baby milk)

Formula amounts will vary depending on the
age of your baby and the type of formula your
baby will receive. Ask your nutritionist for more
specific information.

Plus each month from 6 to 12 months:

24 oz baby cereal

128 oz baby fruits and vegetables
(For example, this equals 32 jars in 4-oz size.)

Florida Department of Health, WIC Program
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www.FloridaWIC.org
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